The *occasional* vegan

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Winnipeg metro

Your essential daily news | WEDNESDAY, JULY 6, 2016

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WESTWOOD ON MOTHERHOOD

But what about me?

metroVIEWS

POLICE PROBE VIOLENT MURDER

Investigators lay evidence markers near a shoe and a backpack in a back lane near the Alt Hotel on Portage Avenue Tuesday morning.
SHANE GIBSON/FOR METRO

An investigation into a brutal killing in the heart of downtown led to major traffic disruption **metroNEWS**

Pool opening delayed again

RECREATION

City is in line to pay the $245,000 fix

Michelle Bailey
For Metro | Winnipeg

The Sherbrook Pool will remain empty for a few more months as issues surrounding the reconstruction of the 86-year-old facility continues to surface.

Nearly four years after the pool was closed due to structural problems, the reopening of the building has been delayed yet again.

"As the project has progressed, various problems have presented themselves, and because it's such an old building, they simply had to be addressed," said area Coun. Cindy Gilroy.

"The last thing we want is for this project to be rushed and not completed according to all of the provincial occupancy and use guidelines, only to have to close it again."

Repairs on the aged pool were scheduled to be complete by January, but that date was pushed back to spring.

Now the city says residents will likely have to wait until October before they can take a dip.

In an email statement to Metro, a city spokesperson said a recent problem was discovered while refilling the pool that requires the pool tank recirculation system to be replaced.

That amounts to $245,000 worth of extra work that will be paid for by the city, the statement read.

Gilroy said she met with members of the Friends of Sherbrook Pool on Tuesday to discuss the delay.

The group understands the need to "do this right, even if there is a time crunch," she explained.

In the meantime, that means anyone looking to sign up for fall programming at the facility will have to look elsewhere.

Gilroy said despite the delays, the $3.7-million project is still on budget.

"I know everyone is anxious to have Sherbrook reopen," she said.

"The good news is it will. We just need to be sure it will be a safe and proper working operation for everyone who uses it."

metro NEWS

Your essential daily news

Student's family fight for his release as Bangladeshi police keeping him detained. **World**

Investigation shuts down Portage

CRIME

Police look into killing in downtown Winnipeg

Shane Gibson
For Metro | Winnipeg

Police expect to release more information Wednesday about a violent killing in downtown Winnipeg early Tuesday that forced investigators to tape off one of the city's busiest roadways right in the middle of the morning rush.

Portage Avenue was closed in both directions between Smith and Hargrave Streets for several hours as police combed over the bloody scene where the victim had been found near the front doors of the MTS Centre shortly before 4 a.m.

Behind the police tape, blood could be seen on the curb next to the bus stop in front of the MTS Centre and more blood was found splattered on the pavement next to what looked like a man's running shoe in the back lane behind Mountain Equipment Co-op.

"Clearly we're dealing with a violent incident here," police spokesperson Const. Jason Michalyshen told reporters at an early morning press conference near the scene.

Other than warning drivers about the delays, police had very little information Tuesday, and Michalyshen wouldn't confirm the victim's name, age, or gender.

Michalyshen also wouldn't say whether a weapon had been used in the killing, or if any arrests had been made.

"We have a lot of work to do," he said before acknowledging the headaches the large crime scene was likely to cause drivers.

"We're going to inconvenience a lot of people (but) that inconvenience is going to have to take a backseat to a very unfortunate circumstance."

The traffic bottlenecks doubled the length of time it normally takes Savanne Rogowski to get to work in the office building next to Mountain Equipment Co-op at 317 Donald Street.

She said she was shocked to have to walk past a crime scene on her way into work.

"It's an eerie feeling," she said.

"This is not TV, it's real, and it's in my backyard."

A release from police near the end of the day Tuesday said interviews are on-going and autopsy results and notifications of next of kin are pending.

Michalyshen told Metro he expects investigators will be able to share more information Wednesday once those notifications have been made.

In the meantime police are asking anyone with information to contact the Homicide Unit at 204-986-6508 or Winnipeg Crime Stoppers at 204-786-TIPS.

WITH FILES FROM STEPHANIE TAYLOR

> It's an eerie feeling. This is not TV, it's real, and it's in my backyard.
> Savanne Rogowski

Above: Commuters experienced major delays Tuesday morning as police blocked Portage Avenue between Hargrave and Donald streets to investigate a killing.

Right: As of Tuesday afternoon, police had not released any information about the victim, saying they are awaiting results from the autopsy report.

SHANE GIBSON/FOR METRO

IN BRIEF

Missing man found dead

Winnipeg police have called off the search for Hirenkumar (Herry) Patel, 31, after his body was discovered in a submerged vehicle pulled from the Red River.

He disappeared from East Kildonan June 26. Police were led to the Red River near the Fort Garry Bridge. Divers recovered a red Hyundai Elantra with a body inside. Police do not suspect foul play. METRO

BYLAWS

City eyes zoning changes for brew pubs, tattoo joints

Stephanie Taylor
Metro | Winnipeg

Making it easier to open microbreweries, share parking spaces and set up body modification shops — think extreme piercings and head-to-toe tattoos — are a few changes that could be coming to Winnipeg's zoning rules.

Tuesday's committee on planning, property and development OK'd 10 major and 66 minor proposed changes to existing bylaws on how land can be used and developed.

One major upgrade deals with removing some of the red tape around operating brew pubs, distilleries and wineries in commercial districts.

"In many cities, craft breweries are increasing in popularity and demand," a staff report tabled at Tuesday's committee read, citing the province's recently introduced craft breweries strategy.

Staff requested that craft brewery, distillery or winery should be added to the list of approved businesses that can operate on lots located in commercially zoned areas.

Under the current rules, the report cites how these businesses are allowed to set up shop in parts of the city zoned for manufacturing, but cannot operate in commercial districts if they have a tap room that sells booze.

"This may create a problem as some craft breweries may be more sought after in commercial areas where there are restaurants, drinking establishments or other like uses," the report says.

Finally making it OK for property owners to share their extra parking spaces with other drivers may soon be another change on the horizon.

Although the practice is currently outlawed, the report says there are many cases where surplus parking is available on residential lots near new developments and property owners are interested in striking a plan to see them used.

If approved, other changes could see body modification shops open in areas zoned neighbourhoood-retail and industrial mixed-use without having to undergo an in-depth consideration process by staff. The city will host public consultation sessions.

THE FORKS

Firm eyes euro-style village

A new plan for 5.9-acres of surface parking at The Forks proposes a "European-style village" development concept.

Forks-North Portage CEO Paul Jordan said the latest idea would see low-rise buildings populate the surplus "Rail Side" space left over since CN vacated the area in 1966, and feature "very mixed-use, very interesting public spaces."

He said the new plan leaves room for 20 buildings or more, and caps them at a height of six storeys.

Jordan said previous pitches for the space — of which there were apparently dozens after a call for the Rail Side land was issued — missed the mark by thinking too big.

"It's well-known in the industry, but after five or six storeys you lose connection with the street," Jordan explained. "We would like to reduce the size of the buildings, have more buildings, get a real community going."

He also said dividing the land up into smaller chunks, rather than one mega-development, will allow for amenity diversity.

"What it really does is it really makes (The Forks) accessible," Jordan said. "Now you can get interesting developers, smaller developers."

A big part of the development, which Jordan estimates will require close to $500 million in private sector investment, will be approximately $50 million for public spaces alone.

Coun. John Orlikow said the new plan seems "more walkable" and integrated with the existing site.

"It allows the developers now who are going to the next stage to know the city is supportive," Orlikow said.

BRAEDEN JONES/METRO

The James Avenue pumping station, which has been vacant for the past 20 years, may finally be redeveloped after a series of unsuccessful bids. SHANE GIBSON/FOR METRO

Pump-house plan clears first hurdle

REDEVELOPMENT

Machinery at James Avenue station to be preserved

Braeden Jones
Metro | Winnipeg

Cogs are finally in motion for a development project that will make use of the long-shuttered James Avenue Pumping Station.

The city's downtown development agency, CentreVenture, plans to make the historic property the centrepiece of a $17 million mixed-use development.

A simple lane closure approved by the city's development committee Tuesday marked the first step of many towards opening up the Exchange District to the long-awaited development.

Some residents of the area opposed the James Avenue lane closure, which will see them lose nine evening parking spots.

But CentreVenture CEO, Angela Mathieson, said the closure allows 15 metres to be applied to the development, which will include the heritage pump house flanked by two new buildings — and include commercial, residential and retail space.

Chairman Coun. John Orlikow said the parking issues will eventually be addressed, but "having the project go forward at the same time is important."

He said the pump house finally having a plan in motion symbolizes how the waterfront area is "really starting to take off."

Angela Mathieson
BRAEDEN JONES/METRO

"I personally like the idea," Orlikow said of the re-development plan. "They're going to light the pumps up from the bottom, clean them up and light them up, so you'll see this as you walk by and the commercial will be taking up the space on both sides.

"To me it's a really exciting thing to finally have the James Avenue Pump House station dealt with."

Heritage Winnipeg director Cindy Tugwell said the reason many proposals before — more than a dozen — have failed, is that they sought to change "identifying facts of the exterior façade," whereas the defining elements are preserved in CentreVenture's plan.

"By putting the additional buildings on each side of the James Avenue, as opposed to building up on the historic building, I think it's kind of combatted that problem," she said.

"I think that's really going to make a statement that the city is committed to the Exchange District as a national historic site," she said. "From a heritage perspective we are thrilled to have the James Avenue being redeveloped."

CULTURE

Arts centre partially supported

Winnipeg's Gas Station Arts Centre got about half of the city support it was looking for to approve its $26.5 million expansion Tuesday.

The city's property development committee voted unanimously in favour of offering tax rebates to the proposed development, which would see a new-and-improved arts centre at River Avenue and Osborne Street.

After some debate, the committee settled on rebating $48,000 of annual revenue in property taxes for a decade, the equivalent of a $480,000 grant — but the project's developer was hoping for a term twice as long and double the financial support.

Executive director Nick Kowalchuk said the arts centre was looking for a combined $3 million in tax incremental financing between the province and city.

Kowalchuk said the result of the committee's decision Tuesday, if council doesn't find another source for the help his group was looking for, is that it "would have to scale back" its project.

The proposal currently includes a 300-seat theatre, 55 new apartment units — 31 of which would be affordable housing — and retail development.

A motion from Coun. Jenny Gerbasi might see more municipal aid directed towards the housing side of the project, as she is looking for a program to support housing outside of downtown.

Coun. John Orlikow said that plan would need council input, "because once we (council) open up the idea of affordable housing (tax incremental financing), it really is that Pandora's box."

Both the executive policy committee and city council as a whole will need to approve the financing offered for it to become official.

BRAEDEN JONES/METRO

Police mark the end of an era

MUNICIPAL MATTERS

Public Safety Building is out, Smith Street digs are in

Shane Gibson
For Metro

Winnipeg police have closed the doors to their home of fifty years for the last time.

After moving into their new digs on Smith Street last month, police held a ceremony at the now empty Public Safety Building (PSB) on Princess Street Tuesday morning to officially say goodbye to the old building.

Police Chief Devon Clunis, who announced his pending retirement in March, was joined by former chiefs Jack Ewatski, Keith McCaskill, and Herb Stephen and the four men lowered the Canadian flag in front of the PSB one last time.

"It's bringing closure to a time and a place that was significant in so many of our lives and also the life of the city," said Clunis, who will step down later this month.

Top: Retiring police chief Devon Clunis salutes during a ceremony Tuesday, marking the official closing of the Public Safety Building, **inset,** after 50 years. **Right:** Former chiefs Jack Ewatski, Keith McCaskill, and Herb Stephen join Clunis in lowering the flag.

TOP, RIGHT: SHANE GIBSON/FOR METRO; INSET: DAVID LIPNOWSKI/FOR METRO

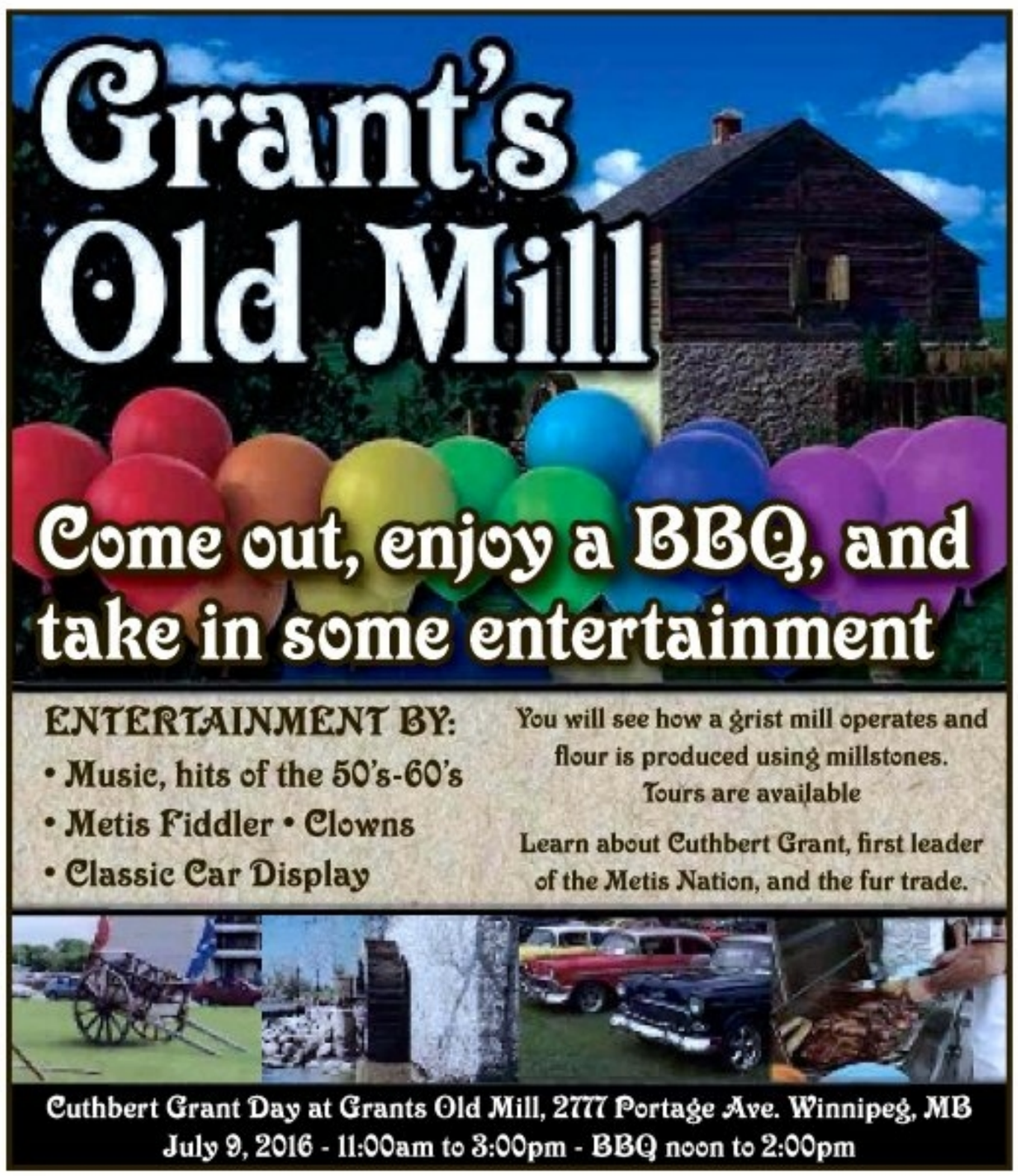
"I think it was important to close it in a very meaningful way."

The Winnipeg Police Service moved into then-brand-spanking new limestone-clad example of brutalism in 1966, and in the early years they weren't the building's sole occupants — Deputy Chief Danny Smyth said it also served as the provincial court, the provincial remand centre, and the headquarters for firefighters.

"This was a state-of-the-art building when it opened in 1966," said Smyth. "It has served us well."

Over time the limestone cladding on the PSB began to crumble and fall to the sidewalk below, and in 2009 the city bought the former Canada Post building on Graham Avenue to replace the aging headquarters.

The cost to purchase and renovate the warehouse was originally pegged at $135 million, but ended up going more than $75 million over budget, and the entire project is currently being investigated by the RCMP.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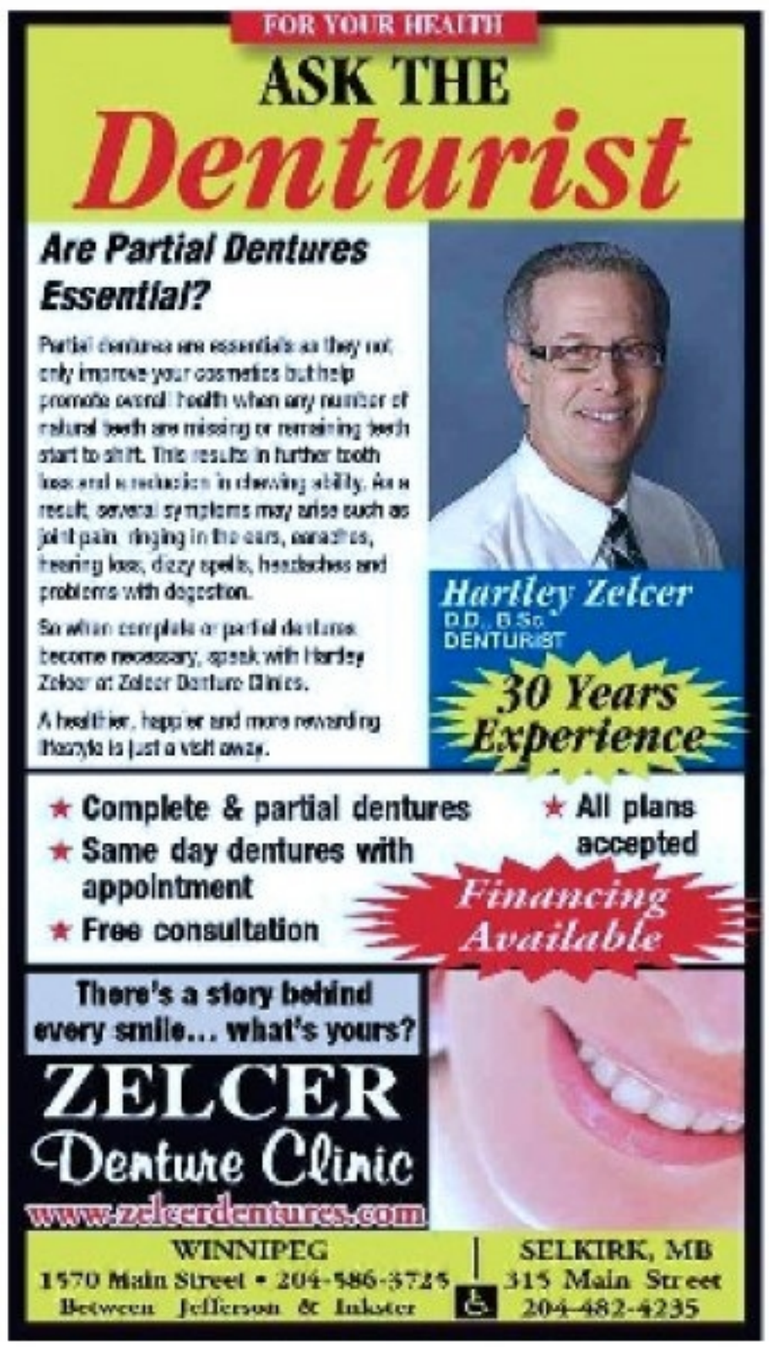
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Mild winter still costs big bucks

SNOW REMOVAL

Broken fences, driveways and benches add to costs

Stephanie Taylor
Metro | Winnipeg

Busted fences, vehicles struck by snow plows and broken planters were among the damage Winnipeg residents blamed on city snow clearing crews this past winter.

Records show city hall has doled out a little more than $10,200 in property damage claims so far this year, with another $65,000 or so earmarked for claims that are still open.

That is significantly lower than the $168,945 the city paid after the 2013-2014 season, but could still exceed the $28,856 it cost after winter 2014-2015.

Metro obtained these records under freedom of information legislation.

"The reason there are fluctuations in the number of claims from year-to-year is primarily weather-related," city spokesperson David Driedger wrote in a recent email to Metro.

This past winter, which was unusually mild, saw 326 claims filed, with the top three types of damaged reportedly done to fences, benches and driveways.

In all, the more than $10,200 paid out to residents were in settlements for broken fences.

Other residents were not as lucky in proving city crews may have been negligent on their job.

At least one person was unsuccessful in their bid to get compensation for "mental stress due to (an) impassable driveway," while another failed claim was in the hopes of being reimbursed for the time spent shovelling snow.

$75,000

The amount set aside by city hall for weather-related property-damage claims for the 2015-2016 winter season.

Over the past three years, the list of claims show city crews have borne the brunt of the responsibility for damaged property.

Records indicate that fewer than 30 per cent of the claims filed were refereed to — or repaired by — private contractors whose companies must pay to cover the cost of repairs.

This is in spite of the fact only 20 per cent of city is cleared in-house, while private contractors plough the rest.

But Gord Delbridge, President of CUPE Local 500, says these figures are incomplete.

He said city crews service only the north, east and south areas of the municipality, and primarily clear snow from sidewalks and parking lots.

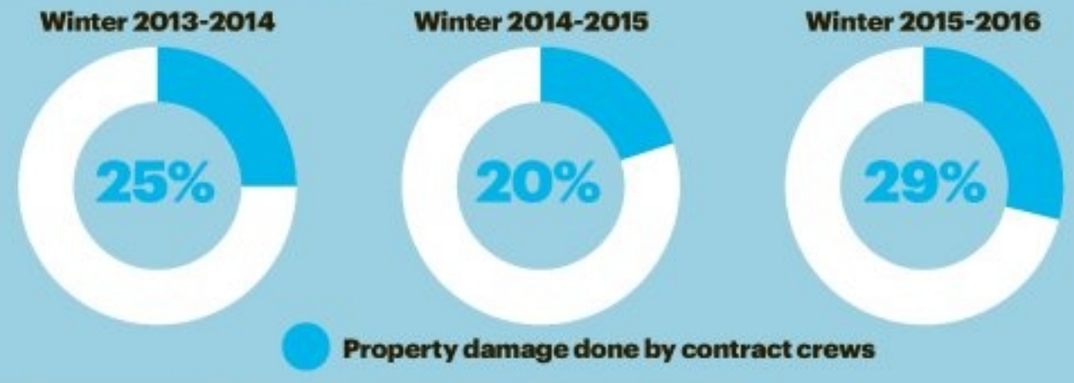
Delbridge notes that is significant because homeowners are more likely to report damage done to their personal property than public infrastructure, such as curbs and planters.

But, he says, that isn't to say public property remains untouched.

He cited a 2015 report that was penned in response to the union's bid to bring snow clearing back in-house, which found over a three-year period 707 property damage claims were filed in ten privately contracted areas compared to 398 claims in the three areas service by city workers.

The damage that's been done by 'Peg plowing

1 Breakdown of property damage claims filed with the City of Winnipeg, but attributed to private crews:



*The remaining claims were either settled by the city, denied or not pursued.
*As of June 2016, there were 120 claims still open from this past winter.

2 How much the City of Winnipeg has paid out in property damage caused by snow removal:

2013-2014
$168, 945.36
a total of 1223 property damage claims were filed.

2014-2015
$28, 856.80
a total of 224 property damage claims were filed.

2015-2016
$10,211.45
a total of 326 property damage claims were filed.

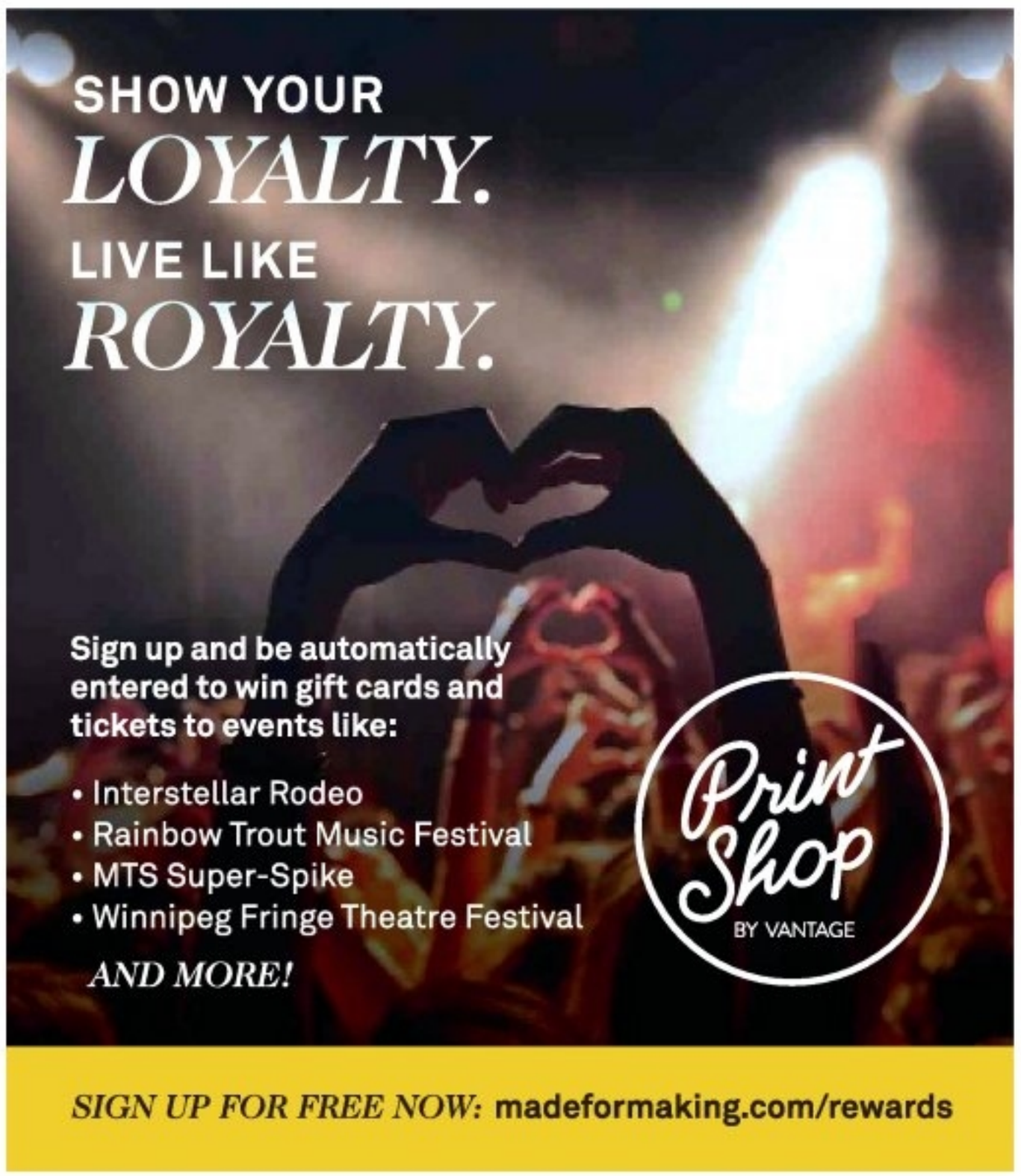
*As of June 2016, there were 120 open claims that could cost upwards of **$65, 131.56.**

3 Top three types of property damage caused by snow clearing this past winter:

DAMAGED FENCES
108 claims

DAMAGED DRIVEWAYS
35 claims

DAMAGED BENCHES
23 claims



MEDICAL MARIJUANA

Epileptic kids have treatment seized

Parents of children suffering from epilepsy say a recent move by Canadian border agents to seize shipments of medical marijuana oil from an American company could have a catastrophic effect on their children's health.

The families have sent letters to the federal government pleading for the border to allow shipments of Charlotte's Web, a type of marijuana oil that has been touted by some researchers as an effective therapy for hard-to-treat forms of epilepsy.

Charlotte's Web — named after a Colorado girl with epilepsy — has very low levels of the psychoactive ingredient tetrahydrocannabinol, but is high in cannabidiol, or CBD.

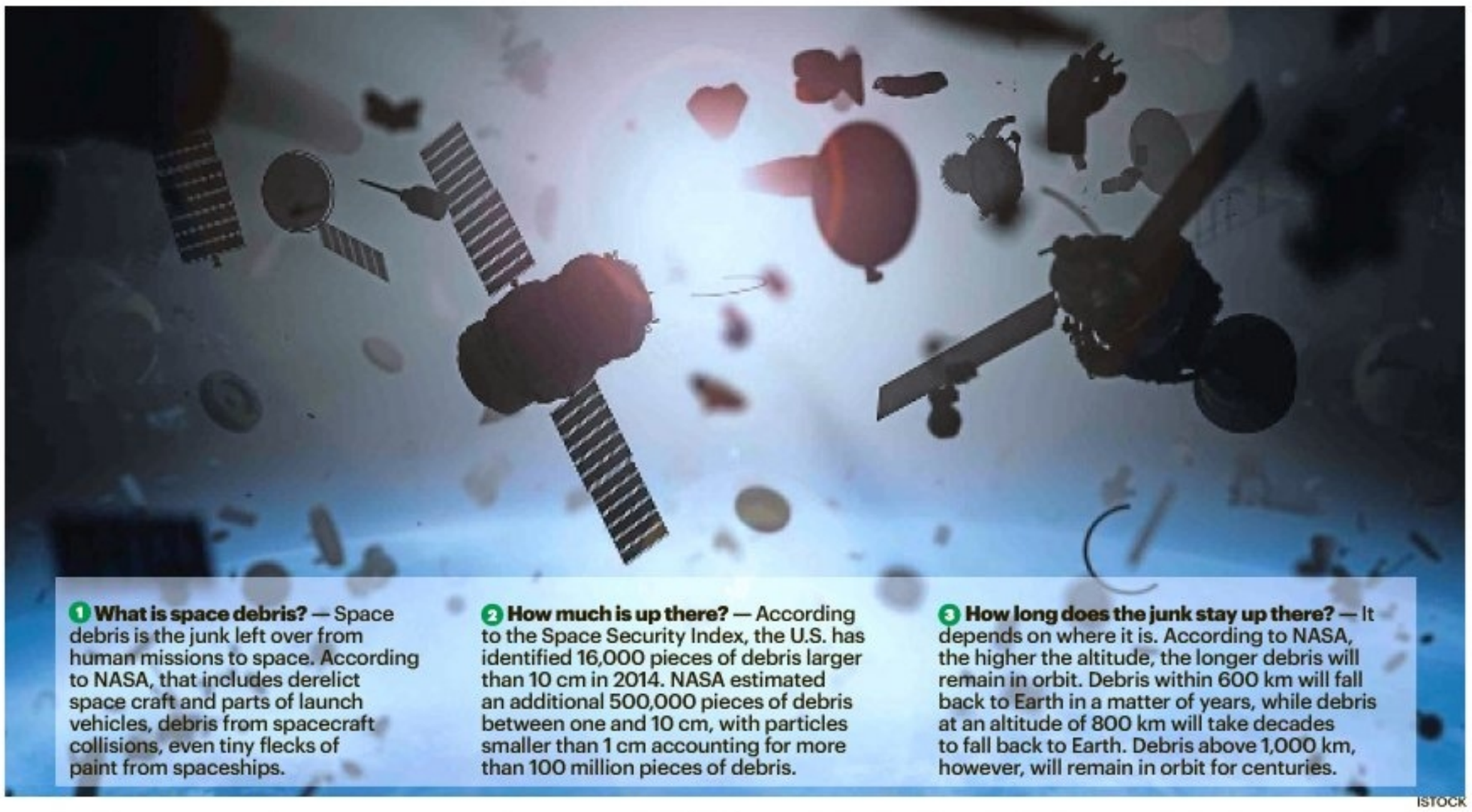
The families say they have been purchasing the oil from CW Hemp, a company based in Colorado, where marijuana was legalized in 2014. But the company notified the families late last month that it had stopped accepting Canadian orders after "a drastic" increase in the number of shipments seized at the border.

Canada Border Services Agency said it is simply enforcing the law because marijuana is still illegal in Canada.

Alex Repetski uses Charlotte's Web as part of the marijuana oil he concocts at home for his four-year-old daughter, Gwen, who lives with epilepsy that has left her developmentally delayed. He claims the treatment has allowed his daughter to live seizure free for 20 months, and has helped her learn to walk and talk.

The families have asked Health Canada for an exemption to allow shipments across the border.

THE CANADIAN PRESS



1 What is space debris? — Space debris is the junk left over from human missions to space. According to NASA, that includes derelict space craft and parts of launch vehicles, debris from spacecraft collisions, even tiny flecks of paint from spaceships.

2 How much is up there? — According to the Space Security Index, the U.S. has identified 16,000 pieces of debris larger than 10 cm in 2014. NASA estimated an additional 500,000 pieces of debris between one and 10 cm, with particles smaller than 1 cm accounting for more than 100 million pieces of debris.

3 How long does the junk stay up there? — It depends on where it is. According to NASA, the higher the altitude, the longer debris will remain in orbit. Debris within 600 km will fall back to Earth in a matter of years, while debris at an altitude of 800 km will take decades to fall back to Earth. Debris above 1,000 km, however, will remain in orbit for centuries.

ISTOCK

The hunk of junk in space

SECURITY

Weaponization of space tech is a concern for many

Canadian officials have "serious security concerns" over the increased presence of countries and private companies in the Earth's orbit, documents obtained by Torstar show.

Global Affairs Minister Stéphane Dion was warned in November that satellites enabling everything from telecommunications to national defence are facing a range of threats — from anti-satellite weaponry to pieces of junk floating around the planet.

"The viability of the space infrastructure is increasingly threatened by potential hostile acts from military or strategic opponents, space debris and space weather," state the documents, obtained under access to information law and stamped "secret."

"The challenge of protecting space infrastructure from both natural and man-made threats is compounded by the rapid expansion of both the number of space-faring nations and the uses to which space assets are put."

> **The private sector is increasingly commercializing outer space and performing activities traditionally undertaken by governments.**
> Documents obtained by Torstar

Department officials note that Canada is "highly dependent" on the network of satellites orbiting Earth for communications and surveillance, weather forecasting, search and rescue, and even urban planning.

The documents note during the Cold War, both the United States and the U.S.S.R. tested anti-satellite weaponry, with varying degrees of success. More recently, China in 2007 and the U.S. in 2008 achieved the capability to destroy satellites in what is called, low Earth orbit. According to NASA, low Earth orbit is 180 km to 2,000 km above the Earth's surface.

But it's not just nation states that are increasingly active in outer space. New hopes for commercializing space travel have emerged in recent years, including PayPal founder Elon Musk's SpaceX company and Amazon founder Jeff Bezos' Blue Origin.

According to the documents, Canadian officials are concerned about the "dual-use" nature of space technology — meaning tech that can be repurposed from its original intention to perform other, potentially dangerous functions.

Torstar requested an interview with Global Affairs for this article, but no one was available on Tuesday.

Paul Meyer, a fellow at Simon Fraser University who served in Canada's foreign service for more than three decades, said there appears to be a "revived interest" in the federal government to pursue space security issues. TORSTAR NEWS SERVICE

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U of T student still detained

BANGLADESH

Tahmid Hasib Khan being questioned by investigators

A student from the University of Toronto is still in police custody after surviving a hostage crisis and terrorist attack at a café in Bangladesh last weekend, his cousin told Torstar.

Tahmid Hasib Khan, 22, has been held at a police station in the capital Dhaka since he was detained for questioning more than 72 hours ago, when security forces stormed the Holey Artisan Bakery to end an 11-hour hostage crisis, Khan's cousin Rasheek Ishtahim said in an interview Tuesday.

Tahmid Hasib Khan FACEBOOK.COM

While Khan has spoken with his parents by phone, no family has been allowed to see him, Ishtahim said. The family is calling on Ottawa to help clear Khan, a Canadian permanent resident, of any involvement in the attack in which 22 people were killed, 18 of them foreign nationals.

Daesh claimed responsibility for the attack and its media branch published grotesque photographs of attack victims, according to the monitoring group, SITE. The Bangladeshi government, however, has blamed Jamaat-ul-Mujahideen, a domestic Islamist group. The home minister insisted Daesh has no presence in Bangladesh and could not have guided the attack.

"After such incidents usually people are taken to the hospital, but this wasn't the case," said Ishtahim, adding that his family does not know why Khan has been detained so long.

"I think the police might think he was a threat because he was of the same age," he said. "We are trying our best to get him out."

News reports from Bangladesh and across the globe named Khan as one of two hostages still being questioned after the café raid. Britain's Telegraph newspaper reported Tuesday that Khan was being detained along with British civil engineer Abul Hasanat Reza Karim. A police chief quoted in the report would not comment on the interrogations.

Canada's Global Affairs spokesperson Diana Khaddaj declined to answer questions about Khan on Tuesday. In an emailed statement, she said consular officials in Dhaka are monitoring the situation but have "no reports of a Canadian citizen affected or detained following the attack."

Ishtahim said Khan arrived in Dhaka from Canada last Friday, having just completed his third year in life sciences at the University of Toronto. The young man was visiting his family in the city where he grew up, to celebrate the Muslim festival of Eid before going to Nepal to complete an internship with UNICEF, his cousin said.

TORSTAR NEWS SERVICE

RAMADAN AROUND THE WORLD

1 **Dubai, UAE** — A butcher prepares meat for customers ahead of Eid celebrations on Tuesday. GETTY IMAGES
2 **Srinagar, Indian-controlled Kashmir** — A baker walks with a tray of Eid pastries for sale. THE ASSOCIATED PRESS
3 **Yogyakarta, Indonesia** — Children parade on streets to celebrate Eid Al-Fitr marking the end of Ramadan. GETTY IMAGES

BREXIT

Conservatives start looking for new leader

The race to succeed Conservative Prime Minister David Cameron intensified Tuesday as Britain grappled with growing signs of economic strain after the vote to leave the European Union.

With the British currency plunging to its lowest point in three decades, Home Secretary Theresa May scored a substantial victory in the first round of voting to determine who will follow Cameron as party leader and prime minister.

She garnered just over half the votes cast, with 165 Conservative Party members of Parliament backing her. Her strong showing does not guarantee she will eventually reside at 10 Downing Street, however, as lawmakers will narrow the field to two candidates and then put the matter to a vote before the entire party membership.

The victor, to be announced Sept. 9, will be charged with leading what are expected to be tense negotiations to extricate Britain from the 28-nation EU bloc.

May, who backed remaining in the EU, said she was pleased by the result in the vote.

"There is a big job before us: To unite our party and the country, to negotiate the best possible deal as we leave the EU, and to make Britain work for everyone," said May. THE ASSOCIATED PRESS

Theresa May, candidate for Conservative Party leadership. THE ASSOCIATED PRESS

U.S. ELECTION

No charges for Hillary Clinton

The FBI lifted a major legal threat to Hillary Clinton's presidential campaign Tuesday, recommending no criminal charges for her handling of highly classified material in a private email account. But Director James Comey's scathing criticism of her "extremely careless" behaviour revitalized Republican attacks and guaranteed the issue will continue to dog her.

Comey's announcement effectively removed any possibility of criminal prosecution arising from Clinton's email practices as President Barack Obama's secretary of state. Attorney General Loretta Lynch said last week that she intended to accept the recommendations of the FBI and of career prosecutors.

But the FBI director's blistering televised statement excoriated her handling of national secrets, contradicted her past explanations about her emails and ensured she will remain on the defensive about voters' views of her trustworthiness and judgment.

Hillary Clinton GETTY IMAGES

GOP presidential candidate Donald Trump said the statement provided more evidence against "Crooked Hillary" and showed anew that "the system is rigged." Republican House Speaker Paul Ryan said the decision not to prosecute simply defied explanation.

The findings concluded a yearlong FBI investigation into whether Clinton mishandled classified information, either intentionally or through gross negligence.

Investigators who pored over tens of thousands of emails found no proof that Clinton or her aides intended to break laws governing the handling of classified information, Comey said. But he said, "There is evidence that they were extremely careless in their handling of very sensitive, highly classified information." THE ASSOCIATED PRESS

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A postal worker delivers mail in Ottawa on Tuesday as a labour dispute between the Canadian Union of Postal Workers and Canada Post continues. JUSTIN TANG/THE CANADIAN PRESS

Firms looking for mail alternatives

POSTAL STOPPAGE

Canada Post rivals plan for boom as lockout looms

Many Canadian businesses that rely on mail orders have been scrambling for weeks to prepare for a potential delivery shutdown at Canada Post.

The Crown corporation said Tuesday it had issued a 72-hour lockout notice to the Canadian Union of Postal Workers (CUPW), raising the spectre of a work stoppage by Friday.

The parcel delivery business has been a major contributor to Canada Post's revenues in the past few years, with volumes growing by 10 per cent in 2015 year-over-year.

Many of those deliveries are from e-commerce businesses that have been forced to make alternative plans to deliver their goods to customers. They're also worried about the long-term costs of doing so if a work stoppage drags on.

"I think I've definitely seen a few more grey hairs this week than normal," said Suneal Pabari, co-founder of coffee subscription service The Roaster's Pack. The company has been trying for weeks to work out a plan with alternative shippers. Pabari said the rates they've been quoted are 50 to 100 per cent more than what they were paying with Canada Post.

> **I've definitely seen a few more grey hairs this week.**
> Suneal Pabari

Erin Maynes, CEO of food box delivery service FoodiePages.ca, is similarly worried about the decision to switch to more expensive couriers — especially for those orders going to more remote areas where Canada Post offers the best rates.

Meanwhile, competitor delivery services are planning for a boom in business. UPS said Tuesday it has already seen an increase in business and that it is ready to take on even more.

At Good Foot Delivery, a Greater Toronto Area public transit-based service, a potential work stoppage is a mixed blessing, said operations co-ordinator Courtney Ayukawa. While it could mean an increase in delivery time because the couriers rely on Canada Post for delivery legs outside the Toronto area, she is also expecting an increase in business.

TORSTAR NEWS SERVICE

IN BRIEF

iPhone users urged to become organ donors

Apple wants to encourage U.S.-based iPhone owners to register as organ donors through a software update this fall that will add a signup button to the health information app. CEO Tim Cook says he hopes the software will help ease a longstanding donor shortage. He said the problem hit home when Apple co-founder Steve Jobs endured an "excruciating" wait for a liver transplant in 2009.

THE ASSOCIATED PRESS

DATING WEBSITE

Ashley Madison getting a makeover

Ashley Madison, the infidelity dating company that was hit last year by a massive hack, now hopes that a more inclusive, female-friendly site — and new leadership — will help it woo new customers.

The Toronto-based company's planned makeover is part of a broader strategy to rebuild the business that was left in shambles after last summer's security breach, which exposed the personal dealings and financial information of millions of purported clients.

"In 2016, the world is vastly different than it was in 2010," said Avid's new CEO, Rob Segal. The company found that roughly 45 per cent of Ashley Madison users are single and the balance were "looking for other experiences and other types of things" besides the infidelity trumpeted under the previous regime, including polyamory, he said. Segal gave few details about how it aims to appeal to women. THE CANADIAN PRESS

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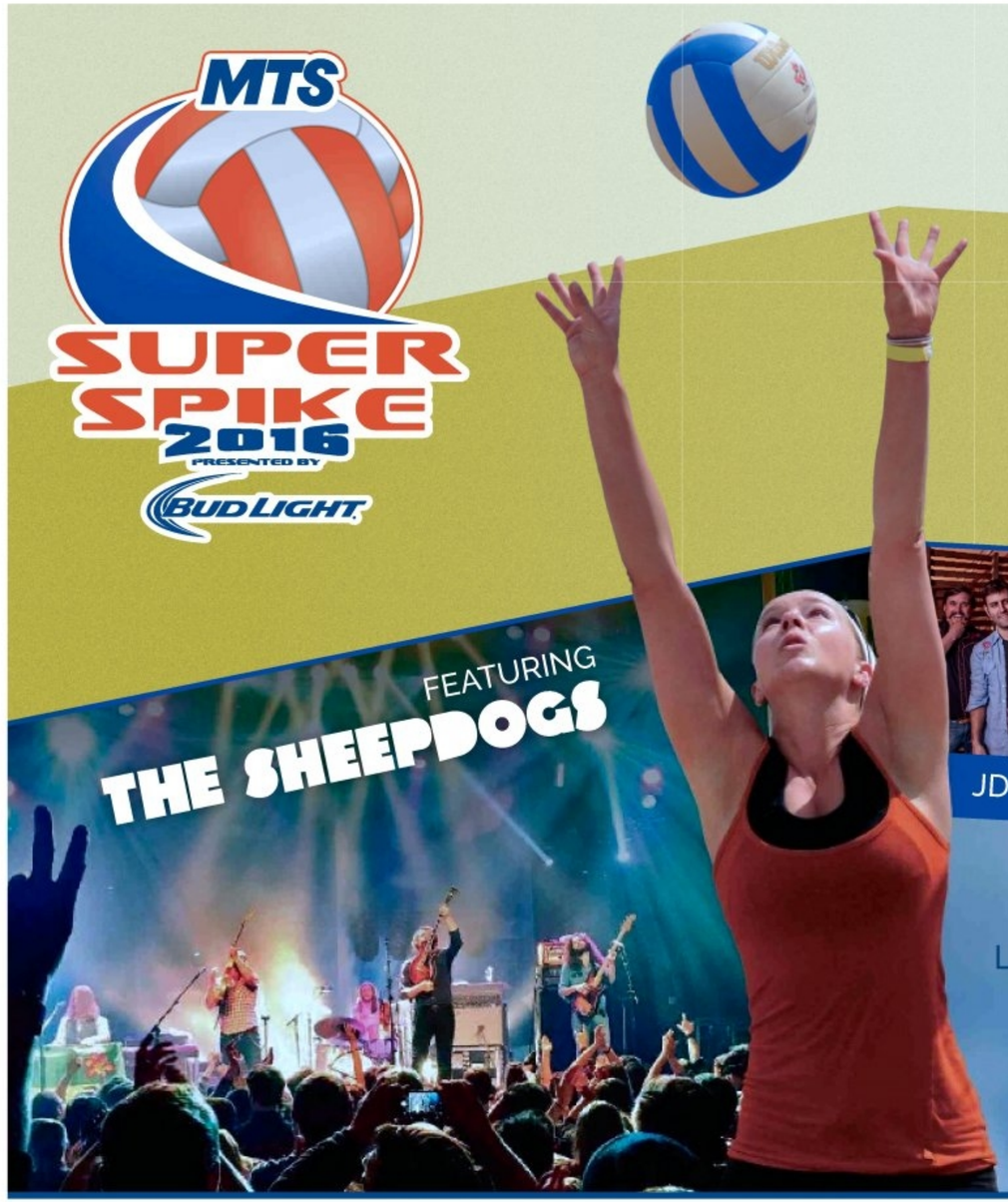

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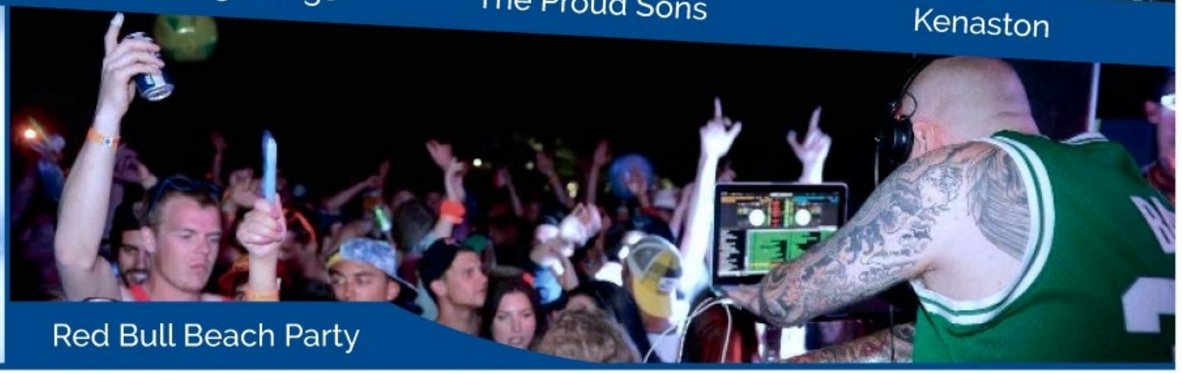

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Your essential daily news
Wednesday, July 6, 2016

ROSEMARY WESTWOOD
ON QUESTIONS NO ONE'S ASKING MOMS

Obscured beneath predictable, vapid chatter about baby weight are questions I would desperately like to ask new mothers

There's a certain societal assumption that women with babies aren't very interesting.

Useful, perhaps, in a zookeeper kind of way. But not so much intellectually stimulating. Having revealed themselves to be the owner of a working uterus, they tend to be thought of only as a uterus, or perhaps a being transformed by virtue of her uterus into a slave finely tuned to the rhythms of eating, sleeping and soiling.

Unless, of course, they're a celebrity.

In that case, they become very interesting on one particular point: How did she lose the baby weight!?!?!

I will admit that watching a wealthy woman yo-yo in size from spherical to cylindrical does raise the question. But it's very, very, very easily answered. Like anybody who loses any weight, ever, women lose baby weight via a combination of diet, exercise and God-like force of will. (I guess some might get surgery. Probably some do.)

But it's actually always the exact same story, with a few rotating details that obscure the likely use of starvation. And as a slice of self-help advice, it's a story completely devoid of usefulness to most women who are too busy working and child-rearing to work out eight hours a day, and too poor to pay for a personal chef and personal trainer/baby-weight-loss enforcer, plus a Kim K-endorsed corset.

What is glorious? What is brutal? Tell me every detail that blows away the large, grey fog of 'it's all worth it.'

There's nothing wrong with wanting to fit your wardrobe from nine months ago, obviously, especially if it's full of clothes you actually like. Having never given over my body to the growth and needs of an alien being, I clearly can't relate to the havoc that experience wreaks on far more than waistlines.

But headlining new-mom stories with baby-weight woes is a simple, retrograde way to suggest the only priority for new mothers is to be damn hot. As if they could assert their old independence by looking as they once did, and so we never need ask more about the earthquake that is parenthood.

Worse is this: Obscured beneath that inane, predictable, vapid chatter are myriad questions I would desperately like to ask new mothers.

Enter "Mother, Writer, Monster, Maid" by Rufi Thorpe. The essay, which was published by Vela, an online magazine of writing by women tumbled down my Twitter feed not far behind a CBC News tweet about the model Molly Sims and — you guessed it — her baby weight.

Thorpe's story doesn't mention calorie counting. It's far more devastating than bootcamp regimes. It reads like a kind of wail from a woman who both loves her children and feels imprisoned by them.

"There is a deep, almost suffocating solitude to my days, and yet there is also the California ocean, the flowers, the breeze. It is lovely; it is intolerable; it is both," Thorpe writes.

"I have tried to say it to my husband; I have tried to say, 'I hate my life.' I have tried to say, 'I need help.' I have tried to explain why I am finding being a mother so difficult, but in the face of his questions, my explanations collapse," she goes on. As a writer who's hoping to one day have children, and who's utterly terrified of what that will mean, this is what I want to hear from mothers. What is glorious? What is brutal? Tell me every detail that blows away the large, grey fog of "it's all worth it" and "hardest job ever" and "you don't need sleep" and "best part of your life" — the platitudes and cheap lines that might feel real and right to parents who use them, but offer no insight, no form, no shape or colour, no edges hard or soft.

INQUIRING MINDS WANT TO KNOW Please, please, Kim, tell us how you managed to lose the all-important baby weight. THE ASSOCIATED PRESS

In her essay, Thorpe notes a series of recent articles "that argue that there is an inherent conflict between motherhood and artistic work," an argument at which many creative mothers may or may not bristle. An argument that seems hyperbolic, and exactly the kind of dialogue I am seeking.

Thorpe's essay has an uplifting ending, but that's almost beside the point. Indelicate questions have been asked, by one mother, of herself, and there's nothing self-help about it.

It's only one view, but it's more illuminating than decades of tabloid talk. A single window into motherhood, sans dress size.

Police do belong at Pride, just not too many

Emma Teitel
For Metro

At Toronto's LGBTQ pride parade Sunday, Black Lives Matter staged a 30-minute parade-halting protest, marked by enormous plumes of multicoloured smoke — the result of harmless smoke bombs.

If you were standing anywhere close to the demonstration, it was undeniably beautiful.

But if, like a close friend of mine, you were a few hundred yards from the sit-in, anxiously trying to determine what just happened, you might not have been impressed — you might have been afraid.

You might have thought, as my friend did, with the horror of the Orlando LGBTQ nightclub shooting fresh in his mind, "Why did the parade stop? Is something wrong?"

So it transpired that BLM Toronto, a group that advocates fiercely for "safe spaces," made at least one queer person in their midst feel momentarily, very unsafe.

Of course, instilling fear was not BLM's intention, but the confusion isn't meaningless. It's relevant to a larger question in the aftermath of Gay Pride and BLM Toronto's controversial demand that police officers cease to march in the parade, out of respect to LGBTQ people of colour who feel threatened by their presence.

How should we prioritize the safety of an exceedingly diverse group like the LGBTQ community? And what happens when one community's idea of safety isn't another's?

Let's say, for example, that you're an older white gay guy who can remember a time when police raided bathhouses, but who now, seeing a succession of smiling modern-day cops march in the parade, is buoyed by a newfound sense of pride and, yes, safety.

Should you suddenly regard your positive feelings toward the police as suspect because your transgender peers of colour don't share them?

BLM Toronto would say yes.

I say yes — and no.

Yes, because Pride is and should stay political. It should strive to eradicate injustice. Its work isn't done.

But no, because it is also a celebration of gains won. And today's struggles should not preclude the celebration of yesterday's strides: the public embrace of the LBGTQ community by police.

It's important for kids watching the parade to see that there are queer cops and firefighters marching proud.

But the rage expressed by BLM Toronto is 100 per cent legitimate. Police discrimination disproportionately affects LGBTQ people of colour. Their fear of law enforcement is real and reasonable.

So I'd like to propose a compromise, the kind not yet offered publicly by Pride organizers themselves.

Toronto Pride should not altogether eliminate police presence from the parade. It should significantly reduce it. There are, flat out, too many police officers marching in the parade. (A friend even turned to me during an especially long procession of men and women in blue and said, "Is this a cop parade?")

This is a compromise that might make queer people of colour feel safer — and everyone feel less bored.

Emma Teitel is a national columnist for the Toronto Star

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STARS SPEAKING OUT

Duelling petitions on Jesse Williams: After his BET Awards speech criticized police in America, one petition calls for the Grey's Anatomy star to be fired, another supports Williams, calling him "a brave leader."

Can you be kinda-sorta vegan?

LIFESTYLE

A look at plant-based diets leads to a lesson in labels

Genna Buck
Metro Canada

People come into Kupfert & Kim, a vegan take-out joint with six locations around Toronto, for all sorts of reasons.

Some are looking for a substantial lunch that's healthier than typical fast-food fare, while others are seeking lactose- and gluten-free options, said staff member Jesus Rodriguez. But most have one thing in common, he added: They don't call themselves vegan.

All the items on the restaurant's menu are free of meat, fish and animal by-products like milk, butter and eggs — what's conventionally understood to be vegan. But almost everyone who was at the busy downtown location on Tuesday said they didn't identify with any dietary label at all. Just two were vegetarian.

The customers were "vegan" that day only incidentally or occasionally. Their reasons for choosing an animal-free lunch or snack ranged from, "It's really fresh and really good," as one woman grabbing a blueberry smoothie said, to, in the case of customer Jeff Mcleod, simply because he really likes the coffee.

In the eyes of many self-identified vegans, there's no such thing as an occasional vegan.

"An occasional vegan … that's like … let me think … that's like saying you're an occasional Buddhist," said Toronto-based life coach Kimberly Carroll, who has been vegan for 10 years. "Veganism is a philosophy. It's about eliminating harm to animals as much as possible. It goes beyond diet."

Carroll doesn't wear silk (from caterpillars), fur, wool or leather, and doesn't go anywhere animals are used for entertainment, like zoos or aquariums.

Within the vegan community, the term "plant-based diet" is more commonly used to describe the choice to abstain from all animal products, but not identify with the vegan lifestyle, Carroll explained. (Confusingly, many people who eat animal products once in a while, but are mostly vegan or vegetarian, also say they follow a "plant-based diet.")

The precise definitions of all these terms, it turns out, are hotly contested.

Oakville, Ont. food writer Angela Liddon learned that the hard way last year. She cooks vegan meals for her family and features them her site, Oh She Glows. But her husband isn't a vegan, and, she explained in a blog post, her infant daughter Adriana won't necessarily be either.

In response to the reader question, "Will you raise your daughter a vegan?" she wrote, "I want her to be able to try any food that she wants to, including the food her dad and family members eat," whether it's vegan or animal-based.

What followed was a deluge of "hateful and threatening" comments accusing her of being not vegan enough and not doing for the vegan movement, Liddon wrote in a follow-up post.

The experience scared her off the word "vegan" altogether.

"I will keep on doing my thing, but without a personal label," she wrote.

Judgemental attitudes, like what Liddon experienced, are troubling to Sandra Veljovic, incoming president of the Veg Club at the University of Toronto. Though she's a strict vegan herself, Veljovic said being militant about labels "makes us seem a lot less accessible and perpetuates the stereotype of vegans being super extreme."

No one is 100 per cent successful at being vegan, Carroll said, because it's nigh on impossible to go through life without causing any animal suffering at all.

Case in point: "I did stomp on a centipede once," she confessed. "I felt bad about it."

Although she is extremely conscientious personally, Carroll wants as many people as possible to identify with and feel welcome to join the vegan and vegetarian movements, even if their adherence is not perfectly pure.

"The more folks identify as vegans, the better for vegans," she said, because it will expand the options available and reduce the amount of animal products used. Ultimately she said, "I want animals to not suffer."

DEFINITIONS

Vegan Someone who abstains from foods made from animals or animal by-products like dairy, eggs and honey. Many vegans say it extends beyond diet to a philosophy that aims to minimize animal suffering in every way.

Plant-based diet Broadly, this could refer to anyone who mostly eats foods that come from plants. But more recently, "plant-based" refers to people who follow a diet identical to what vegans eat, but who don't choose to adopt the broader philosophy of veganism.

Fruitarian An extreme vegan who follows a high-carbohydrate, low-fat, low-protein diet consisting almost entirely of fruit. This is discouraged by doctors.

Staff member Jesus Rodriguez shows off some vegan fare available at Toronto's Kupfert & Kim. LIZ BEDDALL/METRO

After the fast ... it's time for the feast

RECIPE

End of Ramadan opens the door to the dessert delights of Eid

As Ramadan comes to an end, Muslims are celebrating Eid al-Fitar, a day of feasting following a month of fasts. As with any global holiday, the treats vary from place to place. The Somalis have buskud (shortbread); Pakistanis make sheer khurma (vermicelli cooked in sweet milk); and the Turkish and Bosnians bake baklava.

Here's a glimpse into some other home-made Eid treats Canadians are digging into this week.

Clockwise from left, **Sawine** is a Trinidadian dessert of buttery toasted vermicelli cooked in sweet milk; **Kahk** is an Eid dessert eaten by Egyptians while **Guyanese pineapple tarts** are also a big hit in southeast Asia. KARON LIU/TORSTAR NEWS SERVICE

Trinidadian Sawine
(Makes 8 to 10 servings)

Muslims in Trinidad and Tobago make up just about 10 per cent of the population, but Eid is a public holiday and families take the day off to don new clothes, visit the mosque (Trinidad has 85 and Tobago has two) and cook up a storm, says Lazina Aziz, 77, who was born in Trinidad before coming to Canada 20 years ago. Aziz makes a sweet puddinglike dessert called sawine. Thin vermicelli noodles are toasted to a golden brown in butter, then cooked in sweetened milk flavoured with spices, nuts, dried fruit and other toppings.

Ingredients:
- 2 tbsp (30 mL) unsalted butter
- 1 1/2 cups (375 mL) cut vermicelli
- 1 cinnamon stick or 1 tsp (5 mL) ground cinnamon
- 6 whole green cardamon pods
- 2 cups (500 mL) each: boiling water, evaporated milk
- 1/2 cup (125 mL) sweetened condensed milk
- Raisins, for garnish
- Chopped toasted almonds, for garnish

Directions:
1. In a large saucepan, melt butter over medium heat. Add vermicelli, cinnamon and cardamon. Stir constantly, covering noodles in butter and toasting until fragrant, about 2 to 3 minutes. Remove cinnamon stick and cardamon pods.

2. Add boiling water; continue to cook on medium until noodles are tender and most of the water has evaporated, about 10 to 15 minutes.

3. Reduce heat to low. Stir in evaporated and condensed milks until warm.

4. Divide into bowls. Top with raisins and chopped almonds. Serve immediately.

Egyptian Kahk
(Makes 36 cookies)

In Egypt, the essential dessert for Eid is kahk (pronounced "ka-hk" with a strong emphasis on the H), a crumbly cookie stuffed with a sweet paste and covered in powdered sugar.
"My grandma would spend hours kneading the dough," says Nora Hindy, a teacher.

Ingredients (for the walnut filling):
- 1/2 cup (125 mL) each: water, all-purpose flour, honey, toasted sesame seeds
- 3/4 cup (180 mL) crushed and toasted walnuts
- 1 tbsp (15 mL) rosewater, optional

Directions:
1. In a small pan over very low heat, whisk water, flour and honey together until well incorporated and smooth. Fold in sesame seeds and walnuts; stir in rosewater if using. Remove from heat.

2. Let mixture cool to room temperature to form a paste.

Ingredients (for the dough):
- 4 cups (1 L) all-purpose flour
- 1 1/4 cups (310 mL) ghee or clarified butter
- 2 tsp (10 mL) powdered sugar, plus more for dusting cookies
- 1 tbsp (15 mL) ground mahaleb
- 1/2 tsp (2 mL) each: ground aniseed, ground fennel seed
- 1 1/2 tbsp (2 packets) instant dry active yeast
- 1/2 cup (125 mL) water
- Walnut filling

Directions:
1. Preheat oven to 375F (190C). In a stand mixer with hook attachment, mix flour and ghee on low speed until dough is evenly mixed but still crumbly.

2. In the meantime, in a mixing bowl stir together sugar, mahaleb, aniseed, fennel seed and yeast. Add water and mix until yeast starts to bubble. Cover with plastic wrap and let sit for 10 minutes, or until mixture doubles in size.

3. Add yeast mixture to flour mixture. Mix dough on low speed until just combined into a solid ball. Add more water if dough is too dry.

4. Divide dough into tablespoon-sized balls. Take dough ball and flatten into a disc shape with hand. Scoop 1 teaspoon of walnut filling into centre of flattened dough ball. Roll dough back into a ball. Repeat with remaining dough.

5. Place dough on lined baking sheet and bake for 20 minutes, or until cookies are slightly golden brown.

6. Let cool on a rack; dust generously with powdered sugar.

Guyanese pineapple tarts
(Makes approx. 36 tarts)

Children's book author Rukhsana Khan's most requested treat is something her Guyanese mother-in-law taught her to make: flaky and buttery mini tarts filled with spiced pineapple jam. These tarts are also eaten during Chinese New Year in southeast Asian nations like Malaysia and Indonesia.

Ingredients:
- 2 cups (500 mL) canned crushed pineapple, drained
- 1 cup (250 mL) granulated sugar
- 10 whole cloves
- 1 stick cinnamon or 1 tsp (5 ml) ground cinnamon
- 1 1/2 cups (375 mL) cold unsalted butter, cut into cubes
- 3 cups (750 mL) all-purpose flour, plus more for rolling
- 3 large eggs, beaten (one for egg wash)

Directions:
1. Preheat oven at 400F (200F). In a small saucepan over medium heat, bring pineapple, sugar, cloves and cinnamon to a boil, stirring occasionally. Reduce to medium and continue to simmer until most of liquid has evaporated, about 15 to 20 minutes. Remove from heat, discard cloves and cinnamon stick, and let cool to room temperature.

2. In the meantime, in a large bowl use a pastry cutter or fork to cut butter into flour. Mix 2 beaten eggs and knead flour using hands until a dough forms.

3. On a lightly floured surface, roll out dough to half-centimetre thickness. Cut out circles using a 3-inch cookie cutter or the rim of a glass.

4. Spoon one heaping teaspoon of pineapple jam into centre of each dough circle. Fold circle into a pyramid shape by pinching three points of the circle together at the centre. Pinch folds together.

5. Lightly brush each tart with egg wash. Bake on a lined baking sheet for 20 to 25 minutes, or until dough is golden brown and flaky. Transfer to wire rack and let cool completely before serving.
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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Canned Tuna

A tuna fish sandwich is an easy meal, but the flavoured versions may not be as nutritious.

PICK THIS

Solid White Tuna (Albacore in Water)

Calories 70
Fat 1g
Sodium 170mg

SKIP THIS

Mini Flaked Light Spicy Thai Tuna

Calories 160
Fat 7g
Sodium 470mg

HERE'S WHY

Equivalent to: as much sodium as two slices of Primo Vegetarian Pizzas (hand-tossed crust) from Panago Pizza.

Canned tuna is an easy way to make a meal. While there may not seem to be much of a difference between these two cans, take a closer look. By selecting the Spicy version, you're adding sunflower oil, sugar and extra salt, which more than doubles the calories and sodium, as well as greatly magnifying the fat. Pick the tuna packed with water; you can add some light mayonnaise, diced veggies and herbs to enhance the flavour.

Add slices of heirloom tomatoes to your pizza for a summery, light pie tonight. KARON LIU/TORONTO STAR

PIZZA

Better than takeout

Simply brush a store-bought, thin pizza crust with olive oil and lay a single layer of sliced heirlooms, added stripes of prosciutto, minced garlic, basil leaves, crumbled feta, salt and pepper. It's filling, light-tasting and ready in 20 minutes from start to finish.

Heirloom Tomato Pizza
Makes one pizza.

Ingredients:
- 1 store-bought, ready-made thin pizza crust
- Olive oil
- 1 garlic clove
- 1 to 2 medium heirloom tomatoes, thinly sliced
- 3 to 4 slices prosciutto
- Freshly torn basil leaves
- 1 tbsp crumbled feta
- Salt and pepper, to taste

Directions:

1. Preheat oven to 425 F (220 C) or temperature indicated on pizza instructions.

2. Rub garlic clove all over pizza crust. Lightly brush crust with olive oil. Mince garlic clove and sprinkle evenly over crust.

3. Arrange sliced tomatoes in a single layer around crust. Top with prosciutto, basil and feta. Brush more oil. Season with salt and pepper.

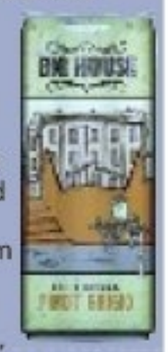
4. Place pizza directly on the middle rack of the oven; bake 10 to 12 minutes, or until prosciutto and tomato edges begin to crisp and brown. Remove from oven and serve. TORSTAR NEWS SERVICE

LIQUID ASSETS

Can wine work like this?

As adventurous as wine fans can be, there are still some hurdles many just won't jump. The most contentious is packaging.

While the convenience of bag-in-box wines have seen even the snobbiest of wine snobs embrace the concept; wine from a PET bottle or Tetra Pak never turned anyone's corkscrew.



Though not the first to take a kick at the can, California's Big House has just released two wines that come wrapped in aluminum.

Straight from the can The Birdman Pinot Grigio (250mL, $3.99-$4.99) is a surprisingly full-figured white with ripe, citrus fruit, while the Cardinal Zin Zinfandel (250mL, $3.99-$4.99) is a red packed with blackberry and plum. Easy to transport and simple to serve, both should be a hit at any summer gathering. PETER ROCKWELL

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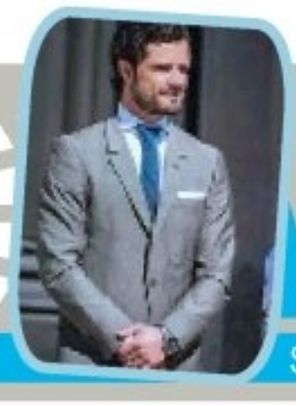

Swedish Prince Carl Philip designs Volvo Polestar Art Car

Frugal Focus rewards steady drivers

ALL PHOTOS CONTRIBUTED

REVIEW

Fun to drive in medium to slow traffic

Sami Haj-Assaad
AutoGuide.com

Ford is sticking all kinds of EcoBoost engines into its compact cars, but this one isn't the hairy, rally-inspired Focus RS you've heard all about, and it's certainly not the tail-happy Focus ST that lights up the track.

While those two turbocharged versions of the Focus are all about speed, the one I'm testing is the polar opposite. With its force-fed three-cylinder engine, you need to take it slow and steady. And if you drive this car slow and steady, it will reward the driver with extra miles per gallon.

Ford and the EPA suggest that the best the 1.0-litre EcoBoost can do in the Focus is a whopping 35 mpg. It might not be as exciting as what the Focus RS and Focus ST can do, but for some people, this frugalness can be a thrill in its own right.

First seen in the U.S. on the Fiesta, the engine makes 123 hp and 125 lb-ft of torque and is paired to a six-speed transmission, either an automatic or a manual. Manual models are capable of getting 35 mpg combined, while automatics earn just 32 mpg combined. Automatic start-stop helps improve things in traffic. Canadians get both the sedan and hatchback body styles.

The car feels pretty responsive in the mid-range, making it surprisingly fun to drive in slow to medium-speed traffic. Ask much more of it, say, passing on the highway, and you're going to be wanting more power and for it to arrive much sooner. And while you can jump through traffic lights with a bit of gusto, doing so comes at the cost of fuel economy. This 1.0-litre EcoBoost needs you to take things a bit slowly. Simply put, the power plant is only suitable for staying right at the speed limit and driving gingerly and smoothly.

Despite the requirement to be driven sedately, the car is quite fun and responsive to drive. The steering feels tight and well weighted, giving a confident feel to the driver.

The interior and exterior haven't been radically changed this year. The car avoids looking too stale thanks to a new bumper and LED daytime running lights. The interior has also been updated, with Ford offering the new Sync 3 infotainment system and USB ports that are said to help charge your devices twice as quickly as the old units.

There are some issues to address. For starters, it's not easy to achieve the car's advertised fuel economy numbers, and doing so requires some unrealistic driving habits.

If you're going to get an EcoBoost Focus, you should either get a fun one like the ST or RS, or else stick with the naturally aspirated model.

THE CHECKLIST | 2016 FORD FOCUS 1.0-LITRE ECOBOOST

THE BASICS

Engine: 1.0-litre three-cylinder
Power: 123-hp, 125 lb-ft of torque
Transmission: six-speed manual or automatic
Fuel Economy (L/100 km): **Manual:** 7.8 city, 5.7 highway, 6.8 combined. **Automatic:** 8.5 city, 5.9 highway, 7.3 combined
Price (CAD): Starts at $21,199

LOVE IT

- Responsive engine
- Driving dynamics
- Looks good

LEAVE IT

- Slow
- Hard to net MPGs
- 2.0L is easier to drive and faster

3 CLASSIC RIDES THAT SPIKED IN VALUE OVER THE PAST YEAR

The world's leading insurance provider for classic vehicles, Hagerty, has released a list of the hottest collector cars of the summer. If you've been keeping your eye on any of these, you might want to act fast. JASON SIU/AUTOGUIDE.COM

1 1997 Ferrari F355 Spider

If you want to drop the top on a Ferrari, you might be surprised to hear what the F355 is worth today. The 1997 Ferrari F355 Spider is currently worth $90,100 in top condition, a noticeable increase from its January 2016 value of $77,500. But this particular model is on the rise, considering in January 2015 it was worth around $51,000! An excellent-condition one is worth around $68,900.

2 1987 Mercedes-Benz 560SL

Perhaps the Ferrari is too flashy and you prefer something more classy. The 1987 Mercedes-Benz 560SL is a primary candidate, and its value is quickly rising. Currently a top-condition model will run you around $75,700. It's also one of the biggest jumps on the list, since the 1987 Mercedes-Benz 560SL was valued around $32,500 in January 2015.

3 1990 BMW M3

But the car seeing the biggest jump in the past year is the 1990 BMW M3. You might be shocked to hear that a top-condition model begs a price of $121,000 in today's world and even an excellent-condition has a price tag of around $76,100. It has been on the rise since January 2015, when a top condition was valued around $69,000. In January 2016, Hagerty says, it would fetch around $115,000.

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metro SPORTS

In the first 96 hours of free agency, NBA teams committed about $3 billion toward contracts — that's almost $9,000 a second over four days

Blue Bombers still trying to put the pieces together

BOMBERS THIS WEEK

Ed Tait

There is no magic potion to gulp down. No glass cleat to slip on, no wand to wave over the men in the locker-room to turn this thing around.

And if Mike O'Shea & Co. could find an instant remedy to what ails the Winnipeg Blue Bombers through two weeks of the Canadian Football League season, you can bet they would have been quick to prescribe it for some instant pain relief.

That's probably the best way to describe the first couple of games for the Bombers in 2016: painful. This team entered the season with so much hope and promise after adding some proven pieces in free agency and homegrown talent through the draft. But losses to Montreal and Calgary have brought that to a screeching halt.

"The urgency is definitely there," said Bombers running back Andrew Harris. "There's a lot of winners on this team, there's a winning attitude here, it just hasn't been the case where we've come out with wins. It's a long season, it's a grind and we've just got to stick with it."

That's really the only option for this crew this early in the season and heading into Thursday's game in Hamilton against the Tiger-Cats. It has to start in the film room and on the practice field and then carry over to game night.

The Bombers have had any number of issues through the first two weeks, from poor starts to sloppy tackling and all things in between. And that has to be both the frustrating and alarming part of this 0-2 start.

> **It's how we respond right now and how we attack this week is going to be the true test of what kind of team we're going to be.**
>
> Andrew Harris

"No matter what, you come out of training camp optimistic and you have a sense of 'we're going to be a great team' and we are a great team," said Harris. "I don't have a doubt in my mind. I think we are a great team. We just haven't put it all together yet. We're going to be better this week and as the season goes along we're going to continue to get better. As long as everyone has that attitude, that work ethic and with the way we attack meetings and the way we attack practice and the way we get ready for games, that's going to make the difference.

"It's how we respond right now and how we attack this week is going to be the true test of what kind of team we're going to be."

That's the thing with this bunch: while their work ethic can't be questioned, the results most certainly can. And so they'll just keep swinging the axe until they get this right. But through the first two weeks, to paraphrase the legendary Foghorn Leghorn, the Bombers are doing a lot of choppin', but no chips are flyin'.

Ed Tait is the Blue Bombers director of content. His columns appear weekly in Metro. Follow him daily on Twitter (@EdTaitWFC) and bluebombers.com

Ryan Smith of the Blue Bombers can't reel in a pass against Stampeders Jamar Wall, left, and Brandon Smith in Calgary, Friday. JEFF MCINTOSH/THE CANADIAN PRESS

MLB

Three Blue Jays named all-stars

Blue Jays right-hander Marco Estrada was all smiles while he excitedly spoke to reporters on Tuesday after being named to an all-star team for the first time in his nine-year big-league career.

Now he wants to make sure he can actually pitch in the game.

Estrada, who's 5-3 with a 2.93 earned-run average and a major-league leading .173 batting average against this season, received four cortisone shots on Monday to help heal a sore back that flared up after his last start.

The 33-year-old sat down with manager John Gibbons and a "room filled with people" on Tuesday afternoon to discuss his options ahead of the July 12 game at San Diego's Petco Park.

.173

Estrada leads the majors in batting average against.

"I want to be able to pitch," Estrada said. "It's my first time (at an all-star game) and it could be my only time. But the team has to come first. If I can't pitch for the team right now I shouldn't pitch anywhere else.

"We're going to give it a few days. We haven't put a stamp on anything.... It might be wise to take a few days off and if that means not pitching in the all-star game I might have to do that. But right now we just don't know."

Estrada was one of three Blue Jays named to the American League team Tuesday — reigning American League MVP Josh Donaldson and designated hitter Edwin Encarnacion will also represent Toronto at the all-star game while Canadian outfielder Michael Saunders was named one of the Final Vote nominees for the last roster spot which will be determined by a fan vote and revealed Friday afternoon.

THE CANADIAN PRESS

BASKETBALL

Canada starts Rio qualifier with win

Toronto Raptors point guard Cory Joseph led Canada to a 77-69 win over Turkey on the opening day of the FIBA Olympic basketball qualifying tournament.

Joseph led the Canadian attack Tuesday with 21 points, five assists and three rebounds.

Canada outshot Turkey from the floor, hitting 42 per cent of its field-goal.

A win over Senegal on Wednesday will secure Canada a spot in the semifinals.

THE CANADIAN PRESS

Canada's Thomas Scrubb defends against Turkey's Ali Muhammed on Tuesday.
TED ALJIBE/AFP/GETTY IMAGES

IN BRIEF

American athletes to be studied for Zika infections

Researchers will study some U.S. athletes for Zika during the summer Olympics and Paralympics in Brazil, to better understand how the virus infects.

The National Institutes of Health announced the study Tuesday, amid concern among athletes over the mosquito-borne virus, which can cause severe birth defects.

Some athletes have dropped out, citing Zika worries. THE ASSOCIATED PRESS

CFL

Redblacks tandem repeats weekly nod

Ottawa quarterback Trevor Harris, Redblacks teammate Chris Williams and Calgary running back Jerome Messam are the CFL's top performers of the week.

Harris passed for 395 yards and three touchdown passes in his first start of the season as Ottawa beat Montreal 28-13 on Thursday.

Harris was also named a top performer last week, when he came on for an injured Henry Burris and led the Redblacks to a 45-37 win in Edmonton.

Trevor Harris
TORSTAR NEWS SERVICE FILE

Williams also picked up his second straight performer of the week nomination with 187 receiving yards.

Messam carried the ball 16 times for 137 yards, including a 53-yard dash, as the Stampeders downed Winnipeg 36-22. THE CANADIAN PRESS

RECIPE Grilled Pork Chops with Goat Chees and Apples

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Do your prep in the morning so your chops can spend the day in the fridge marinating. Come dinner time you'll just spend another 10 minutes grilling and this glorious meal will be all yours.

Ready in
Prep time: 2 hours
Cook time: 15 minutes

Ingredients
- 2 cups water
- 1/4 cup Dijon mustard, divided
- 4 thin-cut boneless pork loin chops
- 2 teaspoons extra-virigin olive oil
- 2 granny smith apples, cored and quartered
- 2 tablespoons goat cheese
- salt and freshly ground pepper

Directions

1. In a large, plastic storage bag, combine water, 3 tablespoons mustard, 1 tablespoon salt and pork chops. Shake well and refrigerate for 2 to 4 hours; drain well and discard brine.

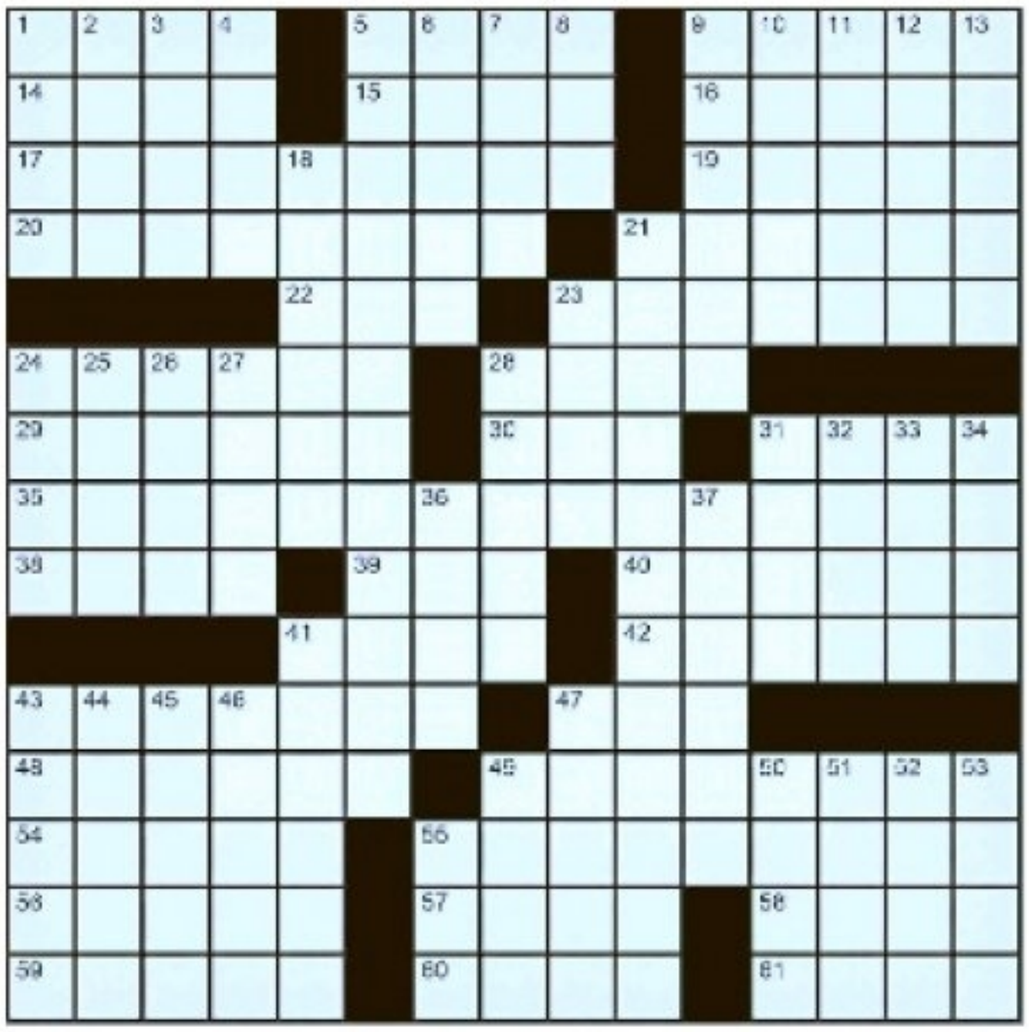
2. Preheat grill to medium high heat. Combine remaining 1 tablespoon of mustard and oil in a small bowl and brush over apple quarters and pork chops.

3. Place on grill, flipping halfway through, until pork is gold brown and cooked through, and apples are charred but still juicy. Apples will lonly need 4 to 5 minutes. Transfer them to plates and then add pork when it is finished. Garnish with goat cheese and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Leaf to Maple branch link
5. Grub
9. Car's stopper
14. Like a hooting bird
15. Five-star
16. Cite
17. What the homeowner is asking for, such as in a real estate ad: 2 wds.
19. Chipmunk's chew
20. Cariole = _-_ carriage
21. Harbour structures
22. Bon _ (Witticism)
23. Shakespeare's fantastical play, The _
24. Particular prickly plant
28. British supermodel Kate
29. Animal Farm author George
30. Deep-into-sleep
31. Swell
35. Canada's 8th Prime Minister: 3 wds.
38. Wild blue yonder's
39. "Cold Mountain" (2003) role
40. Bitterly complained
41. Similar
42. Says "Do this, this and that."
43. Fruity frozen dessert
47. "I Am _" (2001)
48. Ritzy roe on hors d'oeuvres trays
49. Charmed
54. Insurance company gig
55. Whole grain recipe component: 2 wds.
56. Rene Descartes: "Je _, donc je suis." (I think, therefore I am)
57. Hawkeye State
58. Comic actress Madeline
59. Insert
60. "_ 101" (TV show Britney Spears' sister Jamie Lynn starred on)
61. _ Machines (Casino games)

DOWN
1. _ career (Ex-band member's undertaking)
2. _-size bed
3. Other
4. Legendary tale
5. 'Canada's First Lady of Country Music': 2 wds.
6. Operate a crane in a way
7. As soon as...
8. Teensy
9. 19th-century German composer Johannes
10. Post-game analysis
11. "Fortune is painted blind, with a muffler _ her eyes..." - Shakespeare
12. Woodworking cuts
13. Surrealist artist Max
18. Grapefruit-like fruit
21. Hip-and-happening Winnipeg neighbourhood centred around Sherbrook Street: 2 wds.
23. Talk up/boast
24. Flip
25. Mr. Estrada
26. Haywire
27. Sunday church deliveries, for short
28. Erin of "Happy Days"
31. Canadian star of classic TV series "Dark Shadows", Jonathan _
32. Loafing
33. _-do-well
34. Finishes
36. Change in the newsroom
37. Viking ship crew
41. Decreaser
43. Scenic suffix to 'Sea'
44. Tom _ (Robert Duvall's character in 'Godfather' movies)
45. Function to attend
46. Get the shampoo out
47. Lucy _ (Main character in Charlotte Bronte's 1853 novel Villette)
49. 'Switch' suffix
50. Bible-style vessels
51. Oman money
52. Hello Heellloo! Heellllooooo!
53. Autoshop repair
55. Industry, colloquially

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You will enjoy redecorating where you live or buying beautiful things for home and family. This is a great day to entertain at home. Invite the gang over!

Taurus April 21 - May 21
Your social skills are tops today! Enjoy schmoozing with partners, close friends, siblings and neighbors. This is a strong day for writers and actors, teachers and salespeople.

Gemini May 22 - June 21
Trust your moneymaking ideas! This is a good day for business and commerce. Financial deals will be positive. Shopping for beautiful things will please you.

Cancer June 22 - July 23
You feel friendly and sociable today. (Many of you also are passionate and sexy!) Enjoy schmoozing with others, because you will assert yourself with style and diplomacy.

Leo July 24 - Aug. 23
Today the Moon is in your sign, which is empowering. Some of you will enjoy secret flirtations or clandestine love affairs. However, you will be more emotional than usual.

Virgo Aug. 24 - Sept. 23
This is a great day to relate to friends or members of groups. In fact, a friend might become a lover. It's a good day for meetings, classes and large conferences.

Libra Sept. 24 - Oct. 23
Relations with bosses, parents, teachers and VIPs are excellent today. Expect someone to ask for your creative advice or input about design, layout and the appearance of something.

Scorpio Oct. 24 - Nov. 22
Travel for pleasure appeals today. However, some of you will be attracted to someone who is different or from another culture. Go after opportunities in publishing, medicine, the law and higher education.

Sagittarius Nov. 23 - Dec. 21
Gifts, goodies and favors from others will come your way today. This is a good day to ask for a loan or mortgage.

Capricorn Dec. 22 - Jan. 20
Relations with partners and close friends will be warm and lively today. Even your dealings with the general public are excellent.

Aquarius Jan. 21 - Feb. 19
Co-workers are supportive today, which is why this is a good day to move forward at your job. If you suggest something, others will follow or agree with you.

Pisces
Feb. 20 - March 20
This is a romantic, flirtatious day! New love will blossom for some of you. Many of you will enjoy subtle flirtations and form contacts with others. It's a great day to socialize!

CONCEPTIS SUDOKU by Dave Green

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2	5	3	1	6	9	4	7	8
1	6	7	4	2	8	5	3	9
6	3	1	9	5	7	2	8	4
4	2	9	3	8	1	7	6	5
7	8	5	6	4	2	1	9	3
8	1	2	7	3	5	9	4	6
3	7	6	2	9	4	8	5	1
5	9	4	8	1	6	3	2	7

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5-year/Unlimited km 24 Hour Roadside Assistance

Dealers may charge additional fees for administration of up to **$499**. Charges may vary by Dealer.

®/™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. △Welcome Bonus of up to $750/$1,000 available on all new 2017 Elantra GL Auto/2017 Santa Fe Sport 2.4L FWD models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ◊Price adjustments of up to $1,800 (lease price adjustments)/$2,000 (finance price adjustments) available on all 2016 Tucson 2.0L AWD models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2017 Elantra GL Auto/2016 Tucson 2.0L Premium AWD/2017 Santa Fe Sport 2.4L FWD with an annual finance rate of 0%. Weekly payments are $83/$111/$79 for 60/60/84 months. $0/$0/$750 down payment required. Cost of borrowing is $0. Finance offers include Delivery and Destination charge of $1,695/$1,795/$1,895, levies and all applicable charges (excluding GST/PST). Finance offers exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ◊Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2017 Elantra GL Auto/2016 Tucson 2.0L Premium AWD/2017 Santa Fe Sport 2.4L FWD with an annual lease rate of 0.9%/0.9%/0.9%. Weekly lease payment of $59/$69/$108 for a 24/60/24-month walk-away lease. Down payment of $0/$999/$0 and first monthly payment required. Total lease obligation is $6,136/$18,939/$11,232. Lease offers include Delivery and Destination charges of $1,695/$1,795/$1,895, levies, and all applicable charges (excluding GST/PST). Lease offer excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. $0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of $0.12/km. ♦Prices of models shown: 2017 Elantra Ultimate/2016 Tucson 1.6T Ultimate AWD/2017 Santa Fe Sport 2.0T Ultimate are $30,627/$41,527/$46,627. Prices include Delivery and Destination charges of $1,695/$1,795/$1,895, levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ΩΔ◊†♦Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.